

# Meadowbrook

COMMUNITY COMPLEX

*Spring 2006*



**SEATTLE PARKS  
AND RECREATION**

[www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)

## **Community Center**

10517 35th Ave. NE  
(206) 684-7522

## **Teen Annex**

10750 30th Ave. NE  
(206) 684-7523

## **Swimming Pool**

10515 35th Ave. NE  
(206) 684-4989

# Meadowbrook COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125  
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125  
(206) 684-7523

E-Brochures are available  
Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## Hours of operation

Monday, Wednesday, & Friday, 1 p.m. to 9 p.m.  
Tuesday & Thursday, 10 a.m. to 9 p.m.  
Saturday 10 a.m. to 5 p.m. (ends May 25)

## Holiday closures

May 29 - Memorial Day

## Program registration

Walk-in registration begins March 13

## Program dates

March 27 - June 18

## Professional staff

Ken Bounds, *Superintendent*  
Christopher Williams, *Operations Director*  
Maureen O'Neill, *North Recreation Manager*  
Tom Ostrom, *North Senior Recreation Coordinator*  
Lee Bicknell, *Center Coordinator*  
Ian Hallock, *Assistant Center Coordinator*  
Jeron Gates, *Teen Development Leader*  
Naikia Howard, *Teen Development Leader*  
Belinda Boston, *Recreation Attendant*  
Marlene Oliver, *Building Maintenance*

Our Advisory council is always looking for new members. Meetings are held on the second Thursday evening of every month at 7:00 p.m.

## GENERAL INFORMATION

### You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month, at 7:00 p.m., to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

### Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like

to share with others in a class or workshop format, please talk to a member of our staff.

### Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

### Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### Rentals

For information about room rentals, please view our [facility rental brochure](#).

### More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

### Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

### Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

# SPECIAL EVENTS

## COME FISH WITH US!

Have you ever yelled "I got one!!!"? Fishing is great fun, and it's a sport the whole family can enjoy. Seattle Parks and the Washington Department of Fish and Wildlife bring you the second "Fishing Kids" event at Green Lake on Saturday, April 22 from 9 a.m. to 2 p.m. at Green Lake Park.

Bring your kids and we'll teach them to fish—we want to introduce more kids to fishing, a lifetime sport you can especially enjoy in Seattle with our abundant water. You'll learn lots about fishing, including water safety, different kinds of fish, how to cast, and what to do with a fish when you catch it.

Every child who participates will receive a T-shirt and a rod and reel to take home, and you'll even bring home a trout!

To sign up any child from age 5 to 14, just ask for a form at any Parks and Recreation facility, and mail it to the address on it with \$5 for each child participating. We hope to see you on April 22!



## Spring Egg Hunt

April 8  
10:30 am  
Ages 0 – 10



This event will be broken up into different age divisions. All children should meet at the gym at Meadowbrook. This event will be held rain or shine.

## Dinner and a Movie

1<sup>st</sup> Friday of the Month  
Movies start at 6:30pm  
Pizza & Soda \$2  
Movie is free



In order to play the newest releases, movies will not be announced until two weeks prior to the event.



## Puget's Sound Community Concerts:

Live, local music every third Friday in the Meadowbrook Multi-Purpose Room at 7:30 pm, presented by local non-profit Puget's Sound Productions.

\$5-10 suggested donation. Families/all-ages welcome!

**March 17: Third-annual Blues Night**  
featuring Daddy Treetops & (TBA)

**April 21: Bold Horizon & Snake Suspenderz**

Details, links, and more at [www.livelocalmusic.org](http://www.livelocalmusic.org)

## Decorate your own Basket

April 14  
Cost \$3

6:30 p.m.

Meadowbrook will provide your child with a basket to decorate as well as all the necessities to make it a work of art. Please pre-register by April 5 so that we make sure to have enough supplies.

## Mother's Day Corsages

May 12  
Cost \$.50 per corsage

6:30 p.m.

Make Mom a corsage to tell her thank you for all her hard work. All supplies are provided.

## Father's Day Shirt Decorating

June 16

6:30pm

Meadowbrook will supply paints, pens, etc to make a work of art that Dad can wear for years to come. Please bring your own t-shirt.

## School's Out Ice Cream Social

June 23

6:30 p.m.

Come celebrate the beginning of Summer by enjoying ice cream with your friends and family.

*These special events are great fun ... please join us!*



## SPECIAL POPULATIONS

### "T-N-T Club (Try New Things Club)"

A weekly social club. Enjoy fun activities and dine on their sack lunch/drink

March 28 - May 30

Tuesdays

10:30 am - 1:00 pm

Meadowbrook CC Social Room

Cost is Free

For pre-registration please call the office at (206) 684-4950



# AEROBICS & FITNESS

*Come get in shape and feel good  
through aerobic conditioning.*

## Fit at Any Size: Finding Your Inner Athlete

**Ages 18 and over**

Size and Fitness are NOT the same thing! It's a myth that only thin people can live longer, healthier lives. Anyone can be fit. Join this class and discover the difference between exercise and training. Learn how to measure fitness. Supportive Instructors create a Positive environment to Begin the training process toward fitness. How many running starts have you taken at fitness? Ever wonder, "How do I begin when it's been so long?" and "How do I evaluate my progress regardless of clothes size?" This class mixes education with physical training to provide a strong foundation on which to Build a new fit lifestyle. This class is based on the textbook "Fit and Fat" by Sally Edwards and we will use material from that book. Heart rate monitors will be used in this class, participants can bring their own or arrange to use one through the instructors. The Instructors, Marla Fields and Cris Kessler use Heart Zones Fitness Training; Cris is a Certified Heart Zone Personal Trainer, and Workout Leader for Team Danskin

**Multi-Purpose Room - Large**

#7167 4/19/2006 - 6/7/2006 Wed, 10 am - 11:30 am  
Activity Fee \$100.00

## NIA

**Ages 16 and older**

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more.

**Multi-Purpose Room - Large**

#6343 4/6/2006 - 5/2/2006 Tue/Thu, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9

#6344 5/4/2006 - 5/30/2006 Tue/Thu, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9

#6346 6/1/2006 - 6/27/2006 Tue/Thu, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9



## Pilates

**Ages 16 and over**

Develop core strength and improved flexibility with Pilates.

**PILATES M/W & Saturday\*\*:**

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body. The Pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. Instructor has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching, the instructor pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities.

**Room 6 - Medium (kitchen side)**

#5892 4/3/2006 - 4/26/2006 Mon/Wed, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9

#5893 5/1/2006 - 5/24/2006 Mon/Wed, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9

#5894 5/31/2006 - 6/26/2006 Mon/Wed, 6 pm - 7 pm  
Activity Fee \$62.00/Punch Card (4 punches) \$33/Drop-in \$9

\*\*Saturday 9:00 - 10:00 am. This course requires the use of a Punch Card (4 punches)\$33.

**PILATES THURSDAY:**

Pilates has soared in popularity as an exercise program because it really works. This class starts with the basic beginning mat program which focuses on strengthening the abdominals, the center of the body from which all movement generates. Maria Gitana incorporates movement gathered from a lifetime of dance experience to create a program focused on anti-aging.

**Room 6 - Medium (kitchen side)**

#5887 4/13/2006 - 5/4/2006 Thu, 7 pm - 8 pm  
Activity Fee \$31.00/Punch Card (4 punches) \$33/Drop-in \$9

#5889 5/11/2006 - 6/1/2006 Thu, 7 pm - 8 pm  
Activity Fee \$31.00/Punch Card (4 punches) \$33/Drop-in \$9

#5890 6/8/2006 - 6/29/2006 Thu, 7 pm - 8 pm  
Activity Fee \$31.00/Punch Card (4 punches) \$33/Drop-in \$9

## Yoga

**Ages 16 and over**

**YOGA - HATHA**

Explore the different yoga styles and techniques of breathing, stretching and strengthening. Our Hatha yoga instructor has studied yoga for 10 years. This class includes stretching, meditation and toning of the body. Wear loose, comfortable clothing.

**Room 01 - Medium**

#6711 4/18/2006 - 5/23/2006 Tue, 6:30 - 7:30 pm  
Activity Fee \$33.00

#6713 5/30/2006 - 7/4/2006 Tue, 6:30 - 7:30 pm  
Activity Fee \$33.00

# AEROBICS & FITNESS

## Meadowbrook Fitness Room

Weight Room Hours:

M/W/F\* 9:15 am - 8:45 pm

T/Th 10:00 am - 8:45 pm

Saturday 10:00 am - 5:00 pm

Fitness Room Pass:

Month Pass \$15; 10 punch (good for 3 months) \$15

Fitness Room Drop-in Fee \$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable

Participants must complete the "Introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

## ATHLETICS

### Nerf Soccer

*Kids get a kick out of soccer!*

Ages 5 - 6

Meadowbrook Community Center will be joining Laurelhurst Community Center to form an indoor Nerf Soccer League. The goal of the program is to teach teamwork, basic soccer skills and to make sure that the kids have fun.

Main Gym - Large

#6377 4/17/2006 - 5/29/2006 Mon, 4 pm - 5 pm

Activity Fee \$35.00



### Meadowbrook - Track

Ages 6 - 17

Run the fastest, jump the highest, and throw the farthest! No experience required, emphasis is on participation, teamwork, skill development, fitness and fun. Fee includes team t-shirt.

Outdoor Spaces

#6675 3/28/2006 - 5/27/2006 Tue, 5:30 pm - 7 pm

Sat, 9 am - 10:30 am

Activity Fee \$35.00

## Personal Fitness - Intro

Ages 16 and over

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates and times work for you, please ask the front desk to schedule you a private or semi-private class (\$40). Please register for class by the close of business the preceding day.

#6334 4/4/2006

Tue, 9 am - 10:30 am

Activity Fee \$11.00

#6335 4/5/2006

Wed, 7:30 pm - 9 pm

Activity Fee \$11.00

#6336 4/24/2006

Mon, 7:30 pm - 9 pm

Activity Fee \$11.00

#6337 5/2/2006

Tue, 9 am - 10:30 am

Activity Fee \$11.00

#6338 5/8/2006

Mon, 7:30 pm - 9 pm

Activity Fee \$11.00

#6339 5/24/2006

Wed, 7:30 pm - 9 pm

Activity Fee \$11.00

#6342 6/26/2006

Mon, 7:30 pm - 9 pm

Activity Fee \$11.00

#6341 6/5/2006

Mon, 7:30 pm - 9 pm

Activity Fee \$11.00

#6340 6/8/2006

Thu, 9 am - 10:30 am

Activity Fee \$11.00

## MARTIAL ARTS

### Karate

Ages 6 and older

KARATE APRIL

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 - 8:30pm for the more advanced students.



Multi-Purpose Room - Large

#5868 4/3/2006 - 4/26/2006 Mon/Wed, 6:30 - 7:30 pm

Youth \$24.00, Adult \$37.00

#5873 5/1/2006 - 5/24/2006 Mon/Wed, 6:30 - 7:30 pm

Youth \$24.00, Adult \$37.00

#5875 5/31/2006 - 6/26/2006 Mon/Wed, 6:30 - 7:30 pm

Youth \$24.00, Adult \$37.00

# PERFORMING ARTS & DANCE

## Private Piano Lessons

### All Ages

Private Piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session. Pending instructor availability.

**Activity Fee \$120**

## Private Oboe Lessons

### All Ages

The Oboe has a reputation of being the ill wind that no one blows well! If you are an oboe enthusiast and want to become a better player, reed maker and musician overall, why not take a private lesson? Lessons should be fun and interactive and not only make you a more proficient instrumentalist and reed maker, but also include aspects of theory and history that will foster an understanding of how music is structured and how it relates to the world, making practicing music a more enriching and rewarding experience. Students should have their own instrument. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session.

**Activity Fee \$120 or \$15/lesson**

## Private Stringed Instrument Lessons

### All Ages

Meadowbrook staff member Wes Wedell, a performing musician in his 'spare time' (& founder of the Puget's Sound concert series at Meadowbrook), offers private instrument lessons for guitar (most styles), bass, mandolin, & perhaps other stringed instruments (make an offer. . .). Students should have their own instruments. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session.

**Activity Fee \$120 or \$15/ lesson**

## Private Flute Lessons

### All Ages

Private Flute lessons for ages 5 and up. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session. Instructor: Carol Crowell

**Activity Fee \$120**

# ARTS: VISUAL/CRAFTS

*Fine Arts fundamentals in Drawing, Painting, and Composition.*

## Fun Art For All (FAFA)

### Ages 9 and over

Explore and enjoy a variety of art media and techniques in collage compositions inspired by objects and states of Nature. Create modern design art works ready to decorate your home or office. Private instruction is available upon request.

**Room 09 - Small**

**Dates and times to be announced, please call 684-7522 if you are interested in this course.**

**Activity Fee \$75.00**

## Scrapbooking

### Ages 9 and over

Scrapbooking is one of the hottest trends in capturing your life memories. This fun and relaxed class for all ages and abilities, promises to teach participants the basics of scrapbooking. The goal of the class is a place to share ideas, materials and memories.

**Room 01 - Medium**

**#6716 4/5/2006 - 5/24/2006 Wed, 6:30 pm - 8 pm**

**Activity Fee \$30.00**

## Art Attack

### Ages 3 - 5

Do your children love to make a mess with their art work? We will let your children go wild with paint, clay and miscellaneous art supplies. Each week our instructor will set up a different art project and let your child's imagination go wild. Please dress your child in clothing that you won't mind getting dirty.

**Room 23 - Medium**

**#6278 4/6/2006 - 5/11/2006 Thu, 1:30 pm - 3:30 pm**

**Activity Fee \$66.00**

**#6333 5/9/2006 - 6/6/2006 Tue, 1 pm - 3 pm**

**Activity Fee \$66.00**

## Art Escape

### Ages 4 - 5

For the artistic and adventuresome preschooler, Art Escape allows students to dabble in a wide range of arts, trying something new each session. We'll tackle culinary arts, sculpture, painting, theatre, music and more over eight weeks this fall. Please dress children in clothing that permits free movement and can get a bit messy in the artistic process. On fair weather days, we may seek inspiration outside; so sturdy shoes are a must!

**Room 23 - Medium**

**#6277 4/12/2006 - 6/7/2006 Wed, 1 pm - 3 pm**

**Activity Fee \$110.00**

# OUT OF SCHOOL CARE/CAMPS

## Childcare - Before School

Ages 6 - 12

Before school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

### BEFORE SCHOOL -APRIL

#5903 4/3/2006 - 4/28/2006

Mon, Tue, Wed, Thu Fri 7 am - 9 am

Before School - 5 day \$150.00, Before School - 4 day \$145.00, Before School - 3 day \$110.00, Before School - 2 day \$75.00, Before School - 1 day \$40.00, Before School - 5 day(2nd Child Discount \$140.00

### BEFORE SCHOOL MAY

#5904 5/1/2006 - 5/31/2006

Mon, Tue, Wed, Thu, Fri 7 am - 9 am

Before School - 5 day \$150.00, Before School - 4 day \$145.00, Before School - 3 day \$110.00, Before School - 2 day \$75.00, Before School - 1 day \$40.00, Before School - 5 day (2nd Child Discount \$140.00

### BEFORE SCHOOL JUNE

#5905 6/1/2006 - 6/21/2006

Mon, Tue, Wed, Thu, Fri 7 am - 9 am

Before School - 5 day \$150.00, Before School - 4 day \$145.00, Before School - 3 day \$110.00, Before School - 2 day \$75.00, Before School - 1 day \$40.00, Before School - 5 day(2nd Child Discount \$140.00

## Spring Break

Ages 6 - 12

Meadowbrook is offering a great camp for kids (grades K-5). The week will be packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the center.

Room 01 - Medium

#5995 4/10/2006 - 4/14/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm  
Day Camp - Full Week \$135 , Second Child \$130.00



## Childcare - After School

Ages 6 -12

After school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Fun, creative, and safe! This before and after school program is filled with activities. Instead of staying home, come join us for games, arts & crafts and indoor sports. The Seattle Parks Department in conjunction with the community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. Out-of-School days are not included in monthly registration fees. Teacher-in-service days and snow days are \$27. There is a \$1/minute late pick up fee for children picked up after 6:00pm as well as a \$20 late payment fee for tuition paid after the 20th of the month. Explanation of Fees- The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Sorry, we cannot take drop-in participants. You must register for the specific days of the week you wish to attend.

**TRANSPORTATION:** Children attending school within 6 blocks of the community center will walk to/from school with a staff person. Children attending a Seattle Public School further than 6 blocks but within the "cluster" that includes the community center will use Public School bus transportation. Parents of children with special needs should consult with the community center staff.

Room 11 - Medium

### AFTER SCHOOL - APRIL

#5899 4/3/2006 - 4/28/2006

Mon, Tue, Wed, Thu, Fri 3 pm - 6 pm

After School - 5 day \$230.00, After School - 4 day \$220.00, After School - 3 day \$165.00, After School - 2 day \$110.00, After School - 1 day \$55.00, After School - 5 day (2nd Child Discount) \$220.00

### AFTER SCHOOL - MAY

#5900 5/1/2006 - 5/31/2006

Mon, Tue, Wed, Thu, Fri 3 pm - 6 pm

After School - 5 day \$230.00, After School - 4 day \$220.00, After School - 3 day \$165.00, After School - 2 day \$110.00, After School - 1 day \$55.00, After School - 5 day (2nd Child Discount) \$220.00

### AFTER SCHOOL - JUNE

#5901 6/1/2006 - 6/21/2006

Mon, Tue, Wed, Thu, Fri 3 pm - 6 pm

After School - 5 day \$230.00, After School - 4 day \$220.00, After School - 3 day \$165.00, After School - 2 day \$110.00, After School - 1 day \$55.00, After School - 5 day (2nd Child Discount) \$220.00



# OUT OF SCHOOL CARE/CAMPS

## SUMMER DAY CAMP 1 – 5 GRADE

Meadowbrook will be offering its usual summer fun at the center focusing on the younger age groups. Activities will include weekly field trips, arts & crafts, cooking projects, gym time, environmental learning and swimming.

### Room 01 - Medium

#### WEEK 1

#6352 6/26/2006 - 6/30/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 2

#6354 7/3/2006 - 7/7/2006

Mon, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Short Week \$108, 2nd Child Discount \$104.00

#### WEEK 3

#6355 7/10/2006 - 7/14/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 4

#6356 7/17/2006 - 7/21/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 5

#6357 7/24/2006 - 7/28/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 6

#6358 7/31/2006 - 8/4/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 7

#6360 8/7/2006 - 8/11/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 8

#6361 8/14/2006 - 8/18/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 9

#6362 8/21/2006 - 8/25/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 10

#6363 8/28/2006 - 9/1/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

## MIDDLE SCHOOL CAMP

The Meadowbrook Teen Camp will be held at the Pinehurst Park. There is a new basketball court and a field located just outside the doors, to offer plenty of room for capture the flag and other field games. Teens will come to Meadowbrook to go swimming once a week and use the kitchen for cooking projects. There will also be weekly field trips. Address 12029 14th Ave NE

### MIDDLE SCHOOL #1

Pinehurst Field House

#6365 6/26/2006 - 6/30/2006

Mon, Tue, Wed, Thu Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #2

#6366 7/3/2006 - 7/7/2006

Mon, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Short Week \$108, 2nd child discount \$104.00

### MIDDLE SCHOOL #3

#6367 7/10/2006 - 7/14/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #4

#6368 7/17/2006 - 7/21/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #5

#6369 7/24/2006 - 7/28/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #6

#6370 7/31/2006 - 8/4/2006

Mon, Tue, Wed, Thu Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #7

#6372 8/7/2006 - 8/11/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #8

#6373 8/14/2006 - 8/18/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #9

#6374 8/21/2006 - 8/25/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #10

#6375 8/28/2006 - 9/1/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00



# PRESCHOOL

Enrollment for the 2006/2007 school year will begin on April 25<sup>th</sup> at 10:00am. There is a \$30 non-refundable registration/supply fee due at the time of registration. The fees for 2006/2007 are as follows:

<b>Frogs</b>	<b>\$185/\$160</b>
<b>Geckos</b>	<b>\$232/\$200</b>
<b>Tadpoles</b>	<b>\$120/\$100</b>

Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs.

## Frogs Preschool

Ages 3 - 5

Room 10 - Medium

### FROGS PRESCHOOL - APRIL

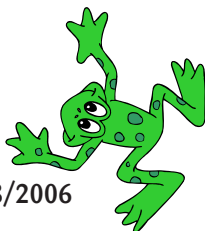
#5923 4/3/2006 - 4/28/2006  
Mon, Wed, Fri 9 am - 12 pm  
Activity Fee \$160.00

### FROGS PRESCHOOL - MAY

#5925 5/1/2006 - 5/31/2006  
Mon, Wed, Fri 9 am - 12 pm  
Activity Fee \$185.00

### FROGS PRESCHOOL - JUNE

#5927 6/2/2006 - 6/21/2006  
Mon, Wed, Fri 9 am - 12 pm  
Activity Fee \$160.00



## Geckos Preschool

Ages 4 - 5

This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases.

Room 10 - Medium

### GECKOS PRESCHOOL - APRIL

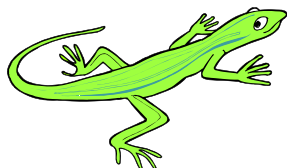
#5937 4/3/2006 - 4/27/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm  
Activity Fee \$195.00

### GECKOS PRESCHOOL - MAY

#5938 5/1/2006 - 5/31/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm  
Activity Fee \$225.00

### GECKOS PRESCHOOL - JUNE

#5939 6/1/2006 - 6/21/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm  
Activity Fee \$195.00



## Tadpoles Preschool

Ages 2 1/2 - 3 1/2

This class designed for the first time student, will help your child transition from home to the world of friends and social play. Your child will experience nature, art, science, outdoor play, story time, music and drama.



Room 10 - Medium

### TADPOLES PRESCHOOL - APRIL

#5914 4/4/2006 - 4/27/2006  
Tue, Thu 10 am - 12 pm  
Activity Fee \$95.00

### TADPOLES PRESCHOOL - MAY

#5919 5/2/2006 - 5/30/2006  
Tue, Thu 10 am - 12 pm  
Activity Fee \$115.00

### TADPOLES PRESCHOOL - JUNE

#5920 6/1/2006 - 6/20/2006  
Tue, Thu 10 am - 12 pm  
Activity Fee \$95.00

# PLAY SPACE

## Playroom

Ages 6 months - 4 years

The Meadowbrook Community Center has a great playroom for you and your youngster to play. We have a full kitchen, puzzles and building blocks to work on small motor control as well as a castle and small climbing structure to work on large motor skills. Please help clean up after your child!

### PLAYROOM - SPRING QUARTER

#0000 4/1/2006 - 6/30/2006  
Mon, Fri 10 am - 1 pm  
#0000 4/1/2006 - 6/30/2006  
Wed, Thu 5 pm - 8 pm

Other times may be available - please call  
Activity Fee \$15 quarter pass / \$2 Drop-in

## Little Tykes Play Gym

Ages 2 years - 5 years

The Meadowbrook Community Center has added some new toys and trikes to make our gym even better! The gym is reserved for all the little people and their parent or caregiver. Balls, mats, a hipity hop and waffle balls are available. Bring your own clean riding toy. Parental Supervision is required at all times! Parents: Please be responsible for cleaning up after your children!

### PLAY GYM - SPRING QUARTER

#0000 4/1/2006 - 6/30/2006  
Tue, Wed 10 am - 12:30 pm  
Activity Fee \$15 quarter pass / \$2 Drop-in

# MEADOWBROOK TEEN CENTER

10750 30<sup>th</sup> Ave NE • Seattle, WA 98125 (located on southeast corner of Nathan Hale High School, entrance on 30<sup>th</sup> Ave NE & 107<sup>th</sup>)

Tues – Thursday 2:30 pm – 9:00 pm; Friday 2:30 pm – 12:00 am, Saturday 7:00 pm – 12:00 am

To inquire or register for classes, stop by the Meadowbrook Teen Center or call 206.684.7523 or email mbrktlc@seattle.gov

(All programs are free of charge unless otherwise noted)

## Teen Advisory Council Meetings

Every other Wednesday 3:30pm – 5pm

Be apart of the Meadowbrook Teen Advisory Council and earn your service-learning credits for school. Learn to use your voice to affect those around you in a positive way. Join the Meadowbrook Teen Advisory Council and together we can empower ourselves and the community around us.

## Service Learning/Community Service Hours

Meadowbrook Teen Center is working closely with Middle/High School students who have service learning/community service criteria or who are interested in helping their community. If interested, stop by the Meadowbrook Teen Center to pick up your application form today!

## Movie Madness

Every Thursday Starting at 6pm

Come enjoy your favorite movies, documentaries, animations, and short films during the Teen Centers weekly movie shows. Registration is simple. Snack and refreshments are available.

## Homework Hour

Tuesday – Thursday 3pm – 5pm

(If interested in tutoring your peers, stop by the Teen Center front desk and ask for more info)

## Girls Guild

Tuesdays and Thursdays 5pm – 7pm

Calling all ladies 13-18! Are you interested in meeting new friends, community service and having fun? If so Girls Guild is for you! We will discuss issues important to today's teens, partake in activities in and around the community and have fun in an environment that caters to young ladies.

## Future Leaders

Tuesdays and Thursdays 5pm – 7pm

Men's Group is a program for males aged 13 – 19 to discuss teen male issues and provide young men with a positive environment in which they can express themselves. So if this sounds interesting sign up @ the Teen Center Front Desk.

## Yoga

Mondays & Thursdays 3:30pm – 4:30pm

This non-competitive, basics level yoga class will help you develop flexibility, strength, awareness, and the ability to relax! The class is appropriate for beginners as well as for more experienced students who want to improve their understanding and practice of the basics. Mats, straps, blocks, and blankets provided. Feel free to bring your own if desired.

## Express Fitness (Weight Training)

Wednesdays 4:30pm – 6:00pm

The Austin Foundation, and Meadowbrook Teen Life Center have teamed up to provide Health and Fitness for Teens. Come take part in health, fitness, and weight-training classes and learn good nutrition habits.

## Two Turntables & a Microphone

(Limited spaces available)

Teens will learn the basics skills techniques in mixing, scratching, cutting, and much more...Register at the Teen Center front desk.

## Late Night

Every Friday & Saturday 7pm – 12am

(Friday Nights: Middle School Night;

Saturday Nights: High School Night)

Providing our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The late night program is open to youth in middle school and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more!

## Drop in Activities

Tuesday – Friday

In addition to the many structured programs offered, the Meadowbrook Teen Life Center will also offer some drop in activities to include....Foosball, Ping-Pong, Pool, Xbox, Dominoes, Cards, Music, and many other fun activities.

## Ping-Pong League & 8-Ball Pool League

Registration Begins March 2006

Cost: \$1 per participant

## Music Studio

(Studio is subject to user fees)

Interested in the Music scene? Can you sing, rap, produce or recite poems? If you answered yes to any of the above questions, come sign up to be apart of the Meadowbrook Teen Center music movement. The Teen Center has a state of the art music room and equipment for use by the teens who want to further their career in the music industry or to even just learn how it all goes down.

## Environmental Education Program

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of Every Month 5:00pm – 6:30pm

(Programs are subject to enrollment costs)

Are you interested in the environment or the outdoors?? Through its environmental education program, the Teen Center nurtures leadership skills, critical thinking, and draws people of wide-ranging ethnic groups, cultures, and abilities into efforts to protect the environment. Along with helping to conserve and protect the environment, the programs also goes on day trips, overnights, and field trips. So if the program sounds interesting, please sign up.

\*\*\*Trips may include: River Rafting, Day Hikes, Camping Trips, Rock Climbing, etc.

## The Grub Spot

Hours Vary

Visit the Grub Spot to fuel your body with snacks and juices before, during and after your daily activities. Want service learning hours? Want to learn how to run a successful small business? Join the Meadowbrook Teen Advisory Council and be apart of history. This ongoing program is sure to bring the entrepreneurial spirit outside of you.

## Culinary Arts

(Limited spaces available)

The culinary arts program is designed to expose teens to the realms of the food-service industry. The program will provide a comprehensive overview of the skills necessary to facilitate employment and gain knowledge in the areas of food-service management, safety and sanitation.

# SENIOR ACTIVITIES

## N.E. REGISTRATION INFORMATION CLASSES/SPECIAL EVENTS

Jayla McGill, Recreation Specialist (206) 386-9106  
e-mail: [jayla.mcgill@seattle.gov](mailto:jayla.mcgill@seattle.gov)

**Spring Quarter Dates:** April 3 – June 16 (11 weeks)

No class May 29

**Make-Ups:** We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

**Registration begins March 20.** Class dates/times are subject to change.

**Mail Checks payable to "SAAC":** Sr Adult Pgrms, Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

### NE Division Sites:

Green Lake CC ..... 7201 E Green Lk Dr N  
Laurelhurst CC ..... 4554 NE 41st St  
Meadowbrook CC ..... 10517 – 35th Ave NE  
Ravenna-Eckstein CC ..... 6535 Ravenna "Ave" NE  
Magnuson CC/Bldg 47 ..... 7110 – 62nd Ave NE  
Magnuson Brig/Bldg 406 ..... 6344 NE 74th St

## AEROBICS AND FITNESS

### SENIOR AEROBICS

**\$20-1 day week**

Feel better with upbeat fitness! Certified instructors.

J. Shearer	Mon	10:15 am	Ravenna-Eckstein
L. Haynes	M/W	9:30 am	Magnuson Gym
J. Shearer	Thur	9:00 am	Ravenna-Eckstein

### BODY CONDITIONING

**\$25-1 day week**

Dynabands / free weights for over-all strength conditioning.

P. Cannon	Mon	10:00 am	Meadowbrook
C. Lorenz	Thur	10:00 am	Meadowbrook
L. Philbrick	Thur	10:30 am	Green Lake

### PILATES

**\$16-1 day wk/\$32-2 days wk**

Want to strengthen your stomach, lower back; improve balance & release stress? This fitness class is for you!

TBA	Tues	11:30-12:30 pm	Ravenna-Eckstein
TBA	Thur	6:30- 7:30 am	Ravenna-Eckstein

### ENHANCE FITNESS

**\$20-1 day wk**

Aerobic fitness designed for seniors; includes standards for measured progress. Taught by certified instructor.

C. Purdy	Tues	9-10 am	Mgs/Bldg 406/Viewridge
TBA	Thur	9-10 am	Mgs/Bldg 406/Viewridge

### YOGA & MEDITATION

**\$25-1 day week**

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

J. Robin	Tues	0:15 am	Mgs/Bldg 406/Viewridge
J. Robin	Wed	9:00 am	Meadowbrook
J. Robin	Fri	9:30 am	Meadowbrook

### TAI CHI (Wu Style)

**\$25-1 day week**

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel	Wed	10:00 am	Green Lake
J. Proebstel	Fri	11:45 am	Mgs/Bldg 406/Viewridge
*J. Proebstel	Fri	1:00 pm	Mgs/Bldg 406/Viewridge

*\*Intermediate/Continuation of 1st class, learn more complex skills.*

### LINE DANCING

**\$20/quarter**

Get out on that dance floor and move to the music! Great for body & soul! No experience partner needed.

J. McGill	Wed	8:45 am	Ravenna-Eckstein
J. McGill	Fri/Beg.	9:30 am	Mgs/Bldg 406/Viewridge
J. McGill	Fri/Int.	10:30 am	Mgs/Bldg 406/Viewridge

## PICKLEBALL

**\$1.00 drop-in fee per session**

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling 206-386-9106.

Mon/ <b>Beginning</b>	11:30 am-1:00 pm	Ravenna-Eckstein
Tues/ <b>Beginning</b>	11:00 am-1:00 pm	Magnuson/Gym
Thur	10:00 am-11:55 am	Meadowbrook
Thur/ <b>Beginning</b>	12:05-2:00 pm	Meadowbrook

## TRIPS AND TOURS

**Green Lake Wed 10:00 am May 3-Jun 7 \$5/6 wks**  
Seattle Parks & Recreation / Swedish Medical Center brings you a walk program for all fitness levels. Meet at Green Lake Community Center; stretch as a group, walk around Green Lake; Set a walk goal; no-host lunch on last day. Pre-register at 206-386-9106.

**Woodland Park Zoo Tu/Th Apr 4-Jun 29 \$10/12 wks**  
9:15 Warm Up Exercises / 9:30-10:45 Zoo Walk  
Woodland Park Zoo / Group Health Cooperative / Seattle Parks & Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Warm up with a Fitness Leader; morning time is often when the animals are most active. Register with Group Health Resource Line: 206-326-2800 or email [resource.1@ghc.org](mailto:resource.1@ghc.org)

### Meadowbrook CC Walk Group

**Free**

We'd love to start up again. Are you interested? Call with suggestions of days/times. 206-386-9106.

## COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. **Each class fee is \$12.00.** Hurry—space is limited!  
Wednesdays 10:30-12:30 pm Meadowbrook CC

### Easter Brunch Bonanza

**Apr 5**

Let's prepare an elegant gourmet, super-quick brunch.

### Cinco de Mayo Party!

**Apr 19**

Festive foods to celebrate Mexico's holiday.

### Meat Balls!

**May 3**

Versatile and international recipes.

### Salads

**May 17**

Using a variety of greens and grains!

### Chinese Vegetables

**May 31**

Find out how easy it is to prepare delicious Chinese dishes.

## SPECIAL EVENTS

### EARTH DAY PARTY AT CARKEEK

**FREE**

Simple, one-hour, non-strenuous work party and socializing. For this special day we will be providing you lunch. There will also be chances to win prizes. **To register please call 206-233-7138 after 8 am beginning Mar 29th.**

**Van Pick ups:** Lower Woodland 9:15 / Green Lake 9:20 / Ravenna-Eckstein 9:30 / Meadowbrook 9:45

Tue Apr 18 10-2:30 pm Carkeek Pk 950 NE Carkeek Pk Rd

### BEACH BLANKET BINGO PARTY!!!

**\$6.00**

Carol & Jayla are getting together to bring you "the most!" coolest spring party. Enjoy a great barbeque, horseshoes, bocce ball, Beach Blanket Bingo. **Register at 386-9106 beginning on Mar 20th & pay early! Meet at Golden Gardens Bathhouse.**

Wed Jun 14 11-1 pm

# Meadowbrook Pool

**If you're not wet, we're not happy!**

## Meadowbrook Swimming Pool

10515 35th Ave NE

Seattle WA 98125

(206) 684-4989

TDD only (206) 233-7061

## Spring 2006, April 9–June 17, 2006

### Front Desk Hours:

Monday through Friday..... NOON-8:00PM

Saturday ..... 7:00AM-6:00PM

Sunday ..... Closed

### Closures:

Monday, May 29, 2006 ..... Memorial Day

### Professional Staff:

Kathy Whitman ..... Aquatics Manager

Janet Wilson ..... Coordinator

Scott Ferry ..... Assistant Coordinator

Michael Wiles ..... Pool Operator

Jody Bartee ..... PPT Cashier

Tiffany Jordan, Adam Swarm,

Caroline Marshall, Tyler Martin ..... Senior Lifeguards

*And a bunch of other really great people!*

### Fees & Admission Information:

Under 1 year..... FREE

Youth ages 1-18 ..... \$2.75

Adults ages 19–64..... \$3.75

Senior Adults ages 65 and better ..... \$2.75

Special Populations ..... \$2.75

Water Fitness Classes..... \$4.75/\$3.00 (Sr.)

Masters Workout ..... \$4.75/\$3.00 (Sr.)

### Swim Tickets:

FAST Pass..... \$45.00/\$35.00 (Sr, Youth, Spec Pop)

Recreational Punch Card ..... \$20.00 (\$22.00 value)

Fitness Punch Card..... \$30.00 (\$33.00 value)

### Equipment Rentals (all prices include tax):

Towels..... \$0.50

Showers..... \$3.75

Lockers..... \$0.25

## RECREATIONAL SWIMMING

### Adult & Senior Swim

Mon-Sat ..... Noon-1:30PM

Tue & Thurs\* ..... 9:00-10:00PM

*Adult/Senior Swim:* Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming. **\*FastPass or Recreational Punch Card required.**

### Lap Swim

Monday–Friday (EMLS)\* ..... 6:00-7:30AM

Mon/Wed/Fri/Sat ..... 5:30-6:30PM

Saturday ..... 7:00-8:30AM

*Early Morning Lap Swim:* (EMLS) 3 doublewide lanes (slow, medium, and fast). **\*FastPass or Recreational Punch Card required.**

*Lap Swim and Saturday Morning:* 4 single wide lanes (very fast, fast, and 2 medium lanes) and 1 double wide lane for slow lap swimming.

### 3 Lane Lap Swim & Pool Playland

Mon/Wed/Fri ..... 2:30-3:30PM

A “gentle” public swim featuring water toys like the little slide and noodles. Especially good for younger kids and their big people.

### Water Walking

**NEW!**

Mon/Wed ..... 1:30-2:30PM

Saturday ..... 8:30-9:30AM

Use the shallow end of our pool to do width-ways water walking. Protect your joints and use the water's resistance to make this a safe and fun time to get yourself moving and in shape!

### Family Swim (with lap lane available)

Tues ..... 7:00-8:00PM

Saturday Morning ..... 9:30-10:30AM

Saturday Afternoon ..... 4:30-5:30PM

Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

### Friday Fun Nights

Fridays ..... 7:30-8:30PM

Spend your Friday nights at Meadowbrook Pool! Adults don't have to be in the water for this swim. Regular admission and height/age requirements apply.



## Public Swim

Friday .....	4:00-5:00PM
Monday* .....	7:30-8:30PM
Saturday (w/ lap lane) .....	1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult into the pool. Not all float toys allowed. \*Deep end closes at 8:00PM.

## WATER FITNESS CLASSES

### Deep Water Exercise for Seniors

\$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed/Fri ..... 1:30-2:15PM

We call this “exercise that feels good.” A deep water class using resistance/flotation equipment.

### High Energy Deep Water Exercise

\$4.75 Adult/\$3.00 Sr. Adult

Mon–Thurs—*More days added!* ..... 8:00-8:45PM

Saturday ..... 8:30-9:15AM

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music.

### Adapted Water Exercise

\$4.75 Adult/\$3.00 Sr. Adult

Tue & Thurs ..... 1:30-2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

### Swim Team Prep (STP)

\$3.00 Youth Only

Mon/Wed/Fri ..... 3:30-4:00PM

Fun and fitness for kids who want to learn the basics of competitive swimming. This class focuses on crawlstroke, backstroke, breaststroke and butterfly as well as building endurance in a fun, after school activity. This program suits kids best if they have passed Level 3 and can swim, at least, one length of the pool.

### “Masters” and Triathlon Workout with Stroke Refinement training

\$4.75 Adult/\$3.00 Sr. Adult or Youth

Mon/Wed/Fri ..... 6:30-7:30 PM

We offer a structured, specialized, and fun workout focusing on stroke technique, aerobic conditioning, and open water swimming. If you are a first time triathlete or a lap swimmer who wants to take it up a notch, we will help you with your form and your stamina. If you are a seasoned masters swimmer, come get a challenging and engaging practice.

**Have your next party at Meadowbrook Pool!** We offer three different party packages, so there is sure to be one that will fit your budget. See page 16 for details.

## SWIMMING LESSONS

### Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

### Family Lesson...great price!

For 2 adults and 2 children under 6 years of age. The whole family gets in on the safety and basic skills for swimming.

### 3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots or Family Lesson.

### Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

### Youth Lessons

Our Lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-17. We have slightly modified these skills in the earlier levels to be more challenging and provide a smoother transition between levels. We use a station method of teaching which promotes more individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before please sign up for the Level 1-3 time slot and we will evaluate your swimmer.

- **Level 1—Introduction to water skills:** getting comfortable with the face in the water and with floating and kicking on front and back.
- **Level 2—Fundamental aquatic skills:** front gliding and crawlstroke to turning over and kicking on the back.
- **Level 3—Stroke development:** crawlstroke, backstroke, treading water, and diving.
- **Level 4—Stroke improvement:** adds breaststroke, butterfly, and elementary backstroke to the previous skills.
- **Level 5—Stroke refinement:** adds sidestroke, and longer distances and more refinement of the previous strokes.
- **Level 6—Personal water safety:** increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

## Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. **For additional Special Populations programs call 684-4950.**

## One to One Swimming Lessons

**One student: ½ hr. / \$25.00**

**Two students: ½ hr. / \$35.00**

Private lessons are offered Monday/Wednesday/Friday at 3:30PM and Saturday at 3:30PM. We also have spots on Friday afternoons at 5:00PM. Space is limited. Three (3) classes minimum required when signing up. Registration begins during Walk-In Registration.

## Curious About Kayaking?

Seattle Raft & Kayak hosts a weekly informal practice session at Meadowbrook Pool on Monday nights from 9–10:30pm for new and seasoned paddlers. Admission is only \$10. The pool is a perfect place to learn to roll a kayak, and SRK offer roll clinics for only \$35 per person. To borrow a boat or gear, or to schedule a roll clinic, please contact Seattle Raft & Kayak by calling (206) 528-1700. Then we'll see you at the pool on Monday!



**If you're not wet,  
we're not happy!**

## MEADOWBROOK POOL SPRING-AT-A-GLANCE 2006

10515 35th Avenue NE • (206) 684-4989 • [www.seattle.gov/parks/aquatics/meadowbrookpool.htm](http://www.seattle.gov/parks/aquatics/meadowbrookpool.htm)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						Lap Swim 7-8:30
07:30 AM						
08:00 AM						
08:30 AM	Seattle Public Schools					Deep WX/Water
09:00 AM						Walking 8:30-9:15
09:30 AM						Family Swim
10:00 AM						9:30-10:30
10:30 AM						Lessons
11:00 AM						10:30-12:00
11:30 AM			Tots 11:30			
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30
01:00 PM						
01:30 PM	Deep WX 1:30-2:15	Adapted WX	Deep WX 1:30-2:15	Adapted WX	Deep WX 1:30-2:15	Public Swim
02:00 PM	Lessons	1:30-2:30	Lessons	1:30-2:30	Lessons	1:30-3:00
02:30 PM	Pool Playland/		Pool Playland		Pool Playland	
03:00 PM	3 Lane Lap	A.S.A.P.*	3 Lane Lap	A.S.A.P.*	3 Lane Lap	Lessons
03:30 PM	Lessons 3:30-5:30		Lessons 3:30-5:30			3:00-4:30
04:00 PM		Excel 4:00-5:30		Excel 4:00-5:30	Public Swim	
04:30 PM					4:00-5:00	Family Swim
05:00 PM						4:30-5:30
05:30 PM	Lap swim	Lessons	Lap swim	Lessons	Lap Swim	Lap Swim
06:00 PM	5:30-6:30	5:30-7:00	5:30-6:30	5:30-7:00	5:30-6:30	5:30-6:30
06:30 PM	Masters 6:30-7:30		Masters 6:30-7:30		Masters 6:30-7:30	Party Rentals
07:00 PM		Family Swim				see pg. 16 for
07:30 PM	Public Swim	7:00-8:00	Lessons 7:30-8:30		Friday Fun Night	details
08:00 PM	7:30-8:30	Deep WX	Deep WX 8-8:45	Deep WX	7:30–8:30	
08:30 PM	Deep WX 8-8:45	8:00-8:45		8:00-8:45		
09:00 PM		Adult Swim		Adult Swim		
09:30 PM		9:00-10:00		9:00-10:00		

\*A.S.A.P.—After School Activity Program for Eckstein Middle School students.

## 2006 Spring Schedule—April 1–June 17, 2006

We will be closed in observance of Memorial Day, May 29, 2006.

## SWIMMING POOL LESSON SCHEDULE—SPRING 2006

CLASS	DAY	TIME	DATES	# OF LESSONS	FEE
<b>Tots</b>	Tuesday	6:30–7:00 PM	Apr 18–June 13	9	\$45.00
	Wednesday	11:30 AM–12:00 PM	Apr 19–June 14	9	\$45.00
	Thursday	6:30–7:00 PM	Apr 20–June 15	9	\$45.00
<b>Family</b>	Saturday	11:30 AM–12:00 PM	Apr 22–June 17	9	\$45.00
<b>3 Years Old</b>	Monday	5:00–5:30 PM	Apr 17–June 12*	8	\$64.00
	Wednesday	5:00–5:30 PM	Apr 19–June 14	9	\$72.00
	Friday	1:30–2:00 PM	Apr 21–June 16	9	\$72.00
<b>Kinders (4 and 5 year olds)</b>	Monday	2:00–2:30 PM	Apr 17–June 12*	8	\$40.00
	Monday	4:30–5:00 PM	Apr 17–June 12*	8	\$40.00
	Tuesday	6:00–6:30 PM	Apr 18–June 13	9	\$45.00
	Wednesday	2:00–2:30 PM	Apr 19–June 14	9	\$45.00
	Wednesday	4:00–4:30 PM	Apr 19–June 14	9	\$45.00
	Thursday	6:00–6:30 PM	Apr 20–June 15	9	\$45.00
	Saturday	10:30–11:00 AM	Apr 22–June 17	9	\$45.00
<b>Youth: Levels 1–3 (6 years and older)</b>	Monday	4:00–4:30 PM	Apr 17–June 12*	8	\$40.00
	Tuesday	5:30–6:00 PM	Apr 18–June 13	9	\$45.00
	Wednesday	4:30–5:00 PM	Apr 19–June 14	9	\$45.00
	Thursday	5:30–6:00 PM	Apr 20–June 15	9	\$45.00
	Saturday	11:00–11:30 AM	Apr 22–June 17	9	\$45.00
	Saturday	4:00–4:30 PM	Apr 22–June 17	9	\$45.00
<b>Youth Level 4–6 Must pass Level 3</b>	Monday	5:00–5:30 PM	Apr 17–June 12*	8	\$40.00
	Tuesday	6:30–7:00 PM	Apr 18–June 13	9	\$45.00
	Wednesday	5:00–5:30 PM	Apr 19–June 14	9	\$45.00
	Thursday	6:30–7:00 PM	Apr 20–June 15	9	\$45.00
	Saturday	11:30 AM–12:00 PM	Apr 22–June 17	9	\$45.00
<b>Swim Team Prep</b>	Mon/Wed/Fri	3:30–4:00 PM	Apr 9–June 17	Drop-In	\$3.00 ea.
<b>Springboard Diving</b>	Monday	4:30–5:00 PM	Apr 17–June 12*	8	\$40.00
	Tuesday	6:00–6:30 PM	Apr 18–June 13	9	\$45.00
<b>Special Pops</b>	Saturday	3:00–3:30 PM	Apr 22–June 17	9	\$45.00
<b>Private Instruction</b>	Mon/Wed/Fri	3:30–4:00 PM	Min. of 3 Lessons	see pg 14	
	Friday	5:00–5:30 PM	Min. of 3 Lessons	see pg 14	
	Saturday	3:30–4:00 PM	Min. of 3 Lessons	see pg 14	
<b>Adults</b>	Wednesday	7:30–8:00 PM	Apr 19–June 14	9	\$45.00
	Friday	2:00–2:30 PM	Apr 21–June 16	9	\$45.00
<b>Adult Triathlon</b>	Mon/Wed/Fri	6:30–7:30 PM	Apr 9–June 17	Drop-In	\$4.75 ea.

\*No classes on Memorial Day, Monday, May 29th.

### NEW REGISTRATION INFORMATION!

A different lesson sign-up method will be implemented for Spring Quarter because of the “change over process” to a new city-wide registration system. Please work with us as we transition to a new, easier registration program that will eventually make signing up for swimming lessons easier than ever!

- Mail-In Registration must be postmarked March 23 through March 30. Registration forms will be available at the pool cashier desk on that date.
- Walk-In Registration for remaining classes will be held

Monday, April 3, beginning at 6:00PM and will be done on a first come first served basis.

- Phone-In Registration will start Monday, April 10 at 12:30PM. Payment by VISA, MasterCard or American Express.

### PLAN AHEAD!

Summer Classes start June 26.

# Meadowbrook Pool

If you're not wet, we're not happy!

## Spring Break April 10–15 Special Week of Swimming Activities

Swimming is more than just doing laps or “playing on the diving board”! If you're ready to try something new, we're ready to teach you some fun, exciting, and rather different swimming classes during the break.

### Inner Tube Water Polo • \$20.00

Come learn and play the exciting game of inner tube water polo! You'll learn throwing, passing, shooting, teamwork and game strategies during the first 30 minutes and then spend the rest of the hour playing a real game. Choose either the Tue/Thurs or the Wed/Fri class and then save Saturday, April 15 for a fun Water Polo Round Robin Tournament!

**Class A: Tues, 4/11 and Thurs, 4/13.....5:30–6:30PM**

**Class B: Mon, 4/10 and Wed, 4/12.....4:00–5:00PM**

**Saturday Round Robin Tournament.....10:30AM–Noon**

### Synchronized Swimming Clinic • \$35.00

If you love music, dancing *and* swimming, you'll love learning how to do synchronized swimming! Even boys can take this introductory class and find out much strength, skill and endurance it takes to do this sport. On Saturday afternoon there will be a “mini” performance and the kids will have a chance to show their stuff to family and friends.

**Class days and times:**

**Tues, 4/11 and Thurs, 4/13.....3:00–4:00PM**

**Mon, 4/10 and Wed, 4/12.....3:30–4:30PM**

**Synchronized Swimming Show on Saturday, 4:00–4:30PM, with a last minute rehearsal from 3:30–4:00PM.**

### Friday Fun Nights at the Pool

*Spend your Friday nights here at Meadowbrook Pool! Every Friday evening from 7:30–8:30 we will have special swims that will offer fun for the whole family. Children swimming without adult supervision must be 6 years old or 4 feet tall. Good behavior is a must!*

### Diving Workshop • \$35.00

Kids! Get specialized springboard diving instruction during this four day class. Focus on proper diving techniques for beginners to intermediate level skills with an added bonus... putting on a Diving Exhibition complete with “judges” and refreshments!

**Tues, 4/11 and Thurs, 4/13.....6:00–7:00PM**

**Mon, 4/10 and Wed, 4/12.....4:30–5:30PM**

### Pool Parties

**Super Deluxe Pool Parties...** You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our “party guards,” really cool goodie bags, table cloths, party plates, napkins, forks and juice box for each child. Cost is \$202.00. Additional participants are only \$8.00 per child. **Times offered: Saturdays after 6:30 or Sundays beginning at 12:00 Noon.**

**Do-it-yourself Parties...** Prices start at \$115.00 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$165.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for their own clean up. **For more information please come by or call 684-4989 between Noon–8:00PM, Monday–Friday**

**Pool Parade!** New party package just in time for summer birthdays and other special occasions! On Saturdays only, for up to 10 kids, your group gets a private room at the community center for one hour and then we “parade” down the hallway to go swimming from 1:30–3:00PM at the pool's public swim! Two spacious rooms have been reserved for parties, starting at 12:30–3:00PM or 1:30–4:00PM. **Cost: \$65.00. Call Pool for details.**

